

MENTAL PREPARATION

The Academy experience is extremely difficult for most. It is designed to prepare individuals for a demanding career. The mental challenge is the most significant for many cadets. Successful cadets begin the Academy committed to their own success. They have an unwavering intent to complete the training program, no matter what. Having a “try it and see” mentality is frequently a precursor to failure. The program demands too much. Specific steps that can be taken to help you prepare your mind are:

- ◇ Attend seminars and events sponsored by your Division Recruitment and Background unit.
- ◇ Complete a ride-along.
- ◇ Contact a mentor through an Area Public Information Officer.
- ◇ Read the cadet study guide and act on the information.



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